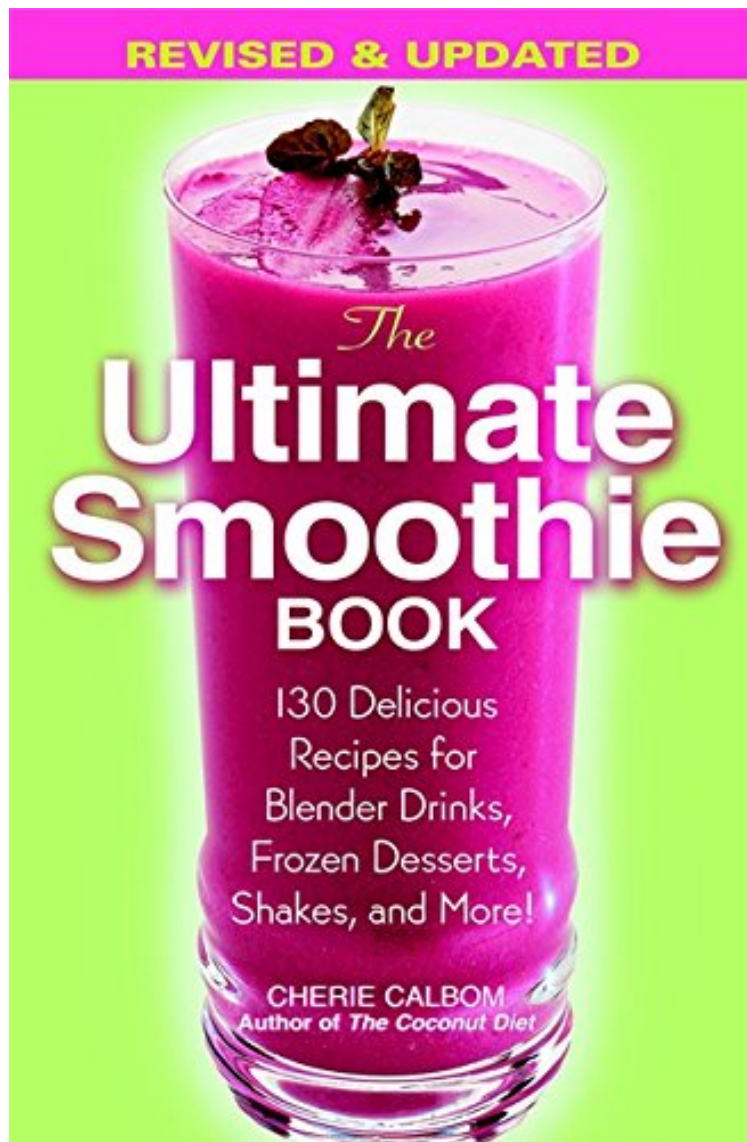


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Cherie Calbom

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Cherie Calbom : The Ultimate Smoothie Book: 130 Delicious Recipes for Blender Drinks, Frozen Desserts, Shakes, and More! before purchasing it in order to gage whether or not it would be worth my time, and all praised The Ultimate Smoothie Book: 130 Delicious Recipes for Blender Drinks, Frozen Desserts, Shakes, and More!:

40 of 43 people found the following review helpful. Really disappointed with this smoothie book. By silhouette_of_enchantment I bought this book based on the five star reviews. I was choosing between 500 Smoothie Recipes and the "Ultimate Smoothie Book". Now, the book has arrived, and I'm now sorry I bought it. Yes, the book has a few excellent pointers, but the quality and selection of the recipes were unsatisfying. The positives of this book is that detailed nutritional and caloric information is included with each recipe. There is also a section that teaches you how to choose organic fruits and vegetables in season, juicing and selecting a proper juicer. You can also learn how to make almond milk to use in other basic recipes (this is a plus for people on the Specific Carbohydrate Diet, where almonds are a necessity, and where store-bought almond milk is off limits due to added sugars). There is also a whole section dedicated to making coconut smoothies (including coconut oil/milk, etc; for health benefits), and coffee-break shakes, and smoothie pick-me-uppers. There are also shakes for weight loss, pregnancy, healing and body building. I have many problems with this book. First, I agree with another reader who criticized the lack of pictures in the book. Yes, I do own excellent recipe books without pictures like "The Joy of Cooking" and "Nourishing Traditions". But, in a smoothie book -- where results can be (and often are) inconsistent (take green smoothies for example) -- you want to know what the end product will look like before spending your hard-earned money to make one. Second, another concern, there are only five total Basic Smoothie recipes. Third, some of the recipes in the book have NOTHING to do with smoothies. There is a section dedicated to...(drumroll) TOPPINGS. Ooooookay. Some might argue that the toppings could be an excellent addition to top smoothies (like a sundae). Nope. The toppings are for things like breakfast granola and dinner entrees. Hunh? If I wanted a book on dessert and entree toppings, I would have bought a different recipe book. Complete waste. Last, I was hoping for more recipes for yogurt smoothies included. Not many were. I know that's not something the author could have "foreseen" and I should have taken the time to look through the index, maybe, online, to see how many were included. My advice is to look at this book (through the online "look inside me" feature on .com, check it out from a library, etc; before purchasing this book. I give this book two and a half stars....only because of the nutritional advice, but warily. 1 of 1 people found the following review helpful. Smoothie book By Helen C. Feldman Excellent service, highly recommend, A+A+A+A+A+0 of 0 people found the following review helpful. Ultimate Smoothies! By Rosaline V. Valdez Very good book for great smoothies!

Written by nutritionist and renowned author Cherie Calbom, this text shows readers how to make scrumptious smoothies that will make them feel great. It includes charts that analyse calorie, fat, protein, and vitamin content of the smoothies.

About the Author Cherie Calbom is known to millions for her frequent appearances on the QVC shopping channel as well as her infomercials with Jay Kordich and George Foreman